

### **Daftar Pustaka**

- Agarwal, S., Guntuku, S.C., Robinson, O., Dunn, A., & Ungar, L. (2020). Examining the phenomenon of quarter life crisis through artificial intelligence and the language of Twitter. *Frontiers in Psychology*, 11, 1-25. <https://doi.org/10.3389/fpsyg.2020.00341>
- Akhtar, H. & Azwar, S. (2019). Indonesian adaptation and psychometric properties evaluation of the Big Five Personality Inventory: IPIP-BFM-50. *Jurnal Psikologi*, 46(1), 32-44. <https://doi.org/10.22146/jpsi.33571>
- Akosah-Twumasi, P., Emeto, T.I., Lindsay, D., Ttsey, K., & Malau-Aduli, B.S. (2018). A systematic review of factors that influence youths career choices—the role of culture. *Frontiers in Education*, 3(58), 1-15. <https://doi.org/10.3389/feduc.2018.00058>
- Bogg, T. & Roberts, B. (2004). Conscientiousness and health-related behaviors: A meta-analysis of the leading behavioral contributors to mortality. *Psychological Bulletin*, 130(6), 887-919. <https://doi.org/10.1037/0033-295X.130.6.887>
- Bran, A. & Vaidis, D. C. (2020). Assessing risk-taking: what to measure and how to measure it. *Journal of Risk Research*, 23(4), 490-503. <https://doi.org/10.1080/13669877.2019.1591489>
- Bühler, J.L., Orth, U., Bleidorn, W., Weber, E., Kretzschmar, A., Scheling, L., & Hopwood, J. (2024). Life events and personality change: A systematic

review and meta-analysis. *European Journal of Personality*, 38(3), 544-568. <https://doi.org/10.1177/08902070231190219>

Coppola, P.J. & Young, A.F. (2022). Making the difficult career transition: Writing the next chapter during the great resignation or in the future. *Font Psychology*, 13(905813), 1-9. <https://doi.org/10.3389/fpsyg.2022.905813>

Fajar, A. M. & Lutfi, I. (2017). Pengaruh kepribadian (personality) dan dukungan sosial terhadap risk taking behavior pada pendaki gunung. *Jurnal Pengukuran Psikologi dan Pendidikan Indonesia*, 6(2), 129-144.  
<https://doi.org/10.15408/jp3i.v6i2.9162>

Fajriani, F., Suherman, U., & Budiamin, A. (2023). Pengambilan keputusan karier: Suatu tinjauan literatur. *Counsellia Jurnal Bimbingan dan Konseling*, 13(1), 50-69.  
<http://dx.doi.org/10.25273/counsellia.v13i1.15197>

Fikra, H. (2022). Peran kecerdasan spiritual pribadi muslim dalam menghadapi quarter life crisis. *Jurnal Psikologi dan Psikologi Islam*, 19(1), 333-350.  
<https://doi.org/10.18860/psi.v19i1.14179>

Goldberg, L. R. (1992). The development of markers for the Big-Five factor structure. *Psychological Assessment*, 4, 26-42.

Gucciano, A.E. & Tresniasari, N. (2017). Pengaruh trait kepribadian Big Five dan self-control terhadap risk taking behavior pada pekerja konstruksi. *Jurnal*

*Pengukuran Psikologi dan Pendidikan Indonesia*, 6(2), 117-128.

<https://doi.org/10.15408/jp3i.v6i2.9161>

- Graham, E.K., Weston, S.J., Gerstorf, D., Yoneda, T.B., Booth, T., Beam, C.R., Petkus, A.J., Drewelies, J., Hall, A.N., Bastarache, E.D., Estabrook, R., Katz, M.J., Turiano, N.A., Lindenberger, U., Smith, J., Wagner, G.G., Pedersen, N.L., Allemand, M., Spiro, A., Deeg, D.J.H., Johansson, B., Piccinin, A.M., Lipton, R.B., Schaie, K.W., Willis, S., Reynolds, C.A., Deary, I.J., Hofer, S.M., & Mrocze, K. (2020). Trajectories of big five personality traits: A coordinated analysis of 16 longitudinal samples. *Eur J Pers*, 34(3): 301-321. <https://doi.org/10.1002%2Fper.2259>
- Habibie, A., Syakarofath, N.A., & Anwar, Z. (2019). Peran religiusitas terhadap quarter-life crisis (QLC) pada mahasiswa. *Gadjah Mada Journal of Psychology*, 5(2), 129-136. <https://doi.org/10.22146/gamajop.48948>
- Hassan, S. & Yilmaz, A. K. (2016). Impact of the conscientiousness as personality trait on both job and organizational performance. *Journal of Managerial Sciences*, 10(1), 1-14.
- Herdian & Wijaya, D.A.P. (2022). "I am mentally healthy, so I can choose well," Quarter-life crisis and positive mental health in students. *Dalat University Journal of Science*, 13(3), 51-58.  
[https://doi.org/10.37569/dalatuniversity.13.3.1038\(2023\)](https://doi.org/10.37569/dalatuniversity.13.3.1038(2023))

Hong, R.Y. & Paunonen, S.V. (2009). Personality traits and health-risk behaviors in university students. *European Journal of Personality*, 23, 675-696.  
<https://doi.org/100.1002/per.736>

Huo, M.L. & Jiang, Z. (2021). Trait conscientiousness, thriving at work, career satisfaction and job satisfaction: Can supervisor support make a difference? *Personality and Individual Differences*, 183, 1-6.  
<https://doi.org/10.1016/j.paid.2021.111116>

Merritt, C.J. & Tharp, I.J. (2013). Personality, self-efficacy and risk-taking in parkour (free-running). *Psychology of Sport and Exercise*, 14(5), 608-611.  
<https://doi.org/10.1016/j.psychsport.2013.03.001>

Moore, S. M. & Gullone, E. (1996). Predicting adolescent risk behavior using a personalized cost-benefit analysis. *Journal of Youth and Adolescence*, 25(3), 343-359. <https://doi.org/10.1007/BF01537389>

Roberts, B. W., Chernyshenko, O. S., Stark, S., & Goldberg, L. R. (2005). The structure of conscientiousness: An empirical investigation based on seven major personality questionnaires. *Personnel Psychology*, 58(1), 103-139.  
<https://doi.org/10.1111/j.1744-6570.2005.00301.x>

Roberts, B.W., Lejuez, C., Krueger, R.F., Richards, J.M., & Hill, P.L. (2012). What is conscientiousness and how can it be assessed? *Developmental Psychology*, 1-12. <https://doi.org/10.1037/a0031109>

Robinson, O.C. (2018). A longitudinal mixed-methods case study of quarter-life crisis during the postuniversity transition: Locked-out and locked-in forms in combination. *Emerging Adulthood*, 7(3), 1-13.  
<https://doi.org/10.1177/2167696818764144>

Sari, D.T. & Aziz, A. (2022). Hubungan antara self-efficacy dengan quarter life crisis pada mahasiswa psikologi Universitas Medan Area. *Jurnal Ilmiah Magister Psikologi*, 4(1), 82-90.

<https://doi.org/10.31289/tabularasa.v4i1.1122>

Urrahma, N.S., Wahyuni, S., & Utomo, W. (2022). Hubungan tingkat spiritual dengan kejadian quarter life crisis pada mahasiswa tingkat akhir. *Journal of Community Health*, 8(3), 390-396.

<https://doi.org/10.25311/keskom.vol8.iss3.1289>

Weller, J.A. & Tikir, A. (2011). Predicting domain-specific risk taking with the HEXACO personality structure. *Journal of Behavioral Decision Making*, 24(2), 180-201. <https://doi.org/10.1002/bdm.677>

Wilmot, M.P & Ones, D.S. (2019). A century of research on conscientiousness at work. *Proceedings of the National Academy of Sciences*, 116 (46), 23004–2301. <http://dx.doi.org/10.1073/pnas.1908430116>